

## Georgia Southern University Digital Commons@Georgia Southern

---

CHHS-College of Health and Human Sciences  
News

Health Professions, Waters College of - Publications

---

8-29-2016

# CHHS News

College of Health and Human Sciences, Georgia Southern University

Follow this and additional works at: <https://digitalcommons.georgiasouthern.edu/chhs-news>



Part of the [Higher Education Commons](#)

---

### Recommended Citation

College of Health and Human Sciences, Georgia Southern University, "CHHS News" (2016). *CHHS-College of Health and Human Sciences News*. 51.

<https://digitalcommons.georgiasouthern.edu/chhs-news/51>

This article is brought to you for free and open access by the Health Professions, Waters College of - Publications at Digital Commons@Georgia Southern. It has been accepted for inclusion in CHHS-College of Health and Human Sciences News by an authorized administrator of Digital Commons@Georgia Southern. For more information, please contact [digitalcommons@georgiasouthern.edu](mailto:digitalcommons@georgiasouthern.edu).



College of Health and Human Sciences

About CHHS▼

Degrees & Admission▼

Schools▼

Centers & Outreach▼

Student Resources▼

Faculty & Staff Resources▼

Home > Uncategorized > Georgia Southern students study in Romania

Georgia Southern students study in Romania

August 29, 2016



Nine Georgia Southern students recently returned to Statesboro after a four-week journey through Romania in July under the leadership of Diana Sturges, Ph.D., professor with the School of Health and Kinesiology, and Manuela Caciula, Ph.D., assistant professor with the School of Health and Kinesiology.

The group of students explored Romania's natural environment, cultural practices and attitudes, and the value its population places on fresh foods and exercise habits to gain knowledge in the fields of health, nutrition and kinesiology.

The trip was based primarily in Brasov, a city located in the central Transylvania region of Romania. The students spent their time living and studying in Brasov while utilizing public gyms, academies and market spaces to gain first-hand perspectives about the physical activity and dietary habits from a comparative cultural perspective.

Some of the activities the group participated in included hiking the Tâmpa and Bucegi Mountains, climbing the “covered stairs” in Sighisoara, exploring the Teresa mine, and touring the Transylvania Culinary Academy.

Caitlin Turner, senior exercise science major, recalled travelling to the town Viscri where the group cooked tomato soup, beef stew and a traditional cake called “lichiu” all from products that were grown sustainably and bought from

local villages. Turner noted that she has always wanted to study abroad, and this trip was ideal. Turner described her experience in Romania as “life changing.”

Share:    

Posted in [Uncategorized](#)

[< Previous](#)

[Next >](#)

**COLLEGE OF HEALTH AND HUMAN SCIENCES** • P.O. Box 8073 • Statesboro, Georgia • (912) 478-5322 • [chhs@GeorgiaSouthern.edu](mailto:chhs@GeorgiaSouthern.edu)



**GEORGIA SOUTHERN UNIVERSITY**

1332 Southern Drive  
Statesboro, Georgia 30458  
Phone: (912) 478-4636

A Unit of the [University System of Georgia](#)  
[Privacy Statement](#)  
[Ethics & Compliance Reporting Hotline](#)

Copyright © 2017 - All rights reserved

**MORE INFORMATION**

- Accreditation
- Admissions
- Campus Map
- Careers
- Consolidation
- Contact Us
- Human Trafficking Notice
- Library
- Licensing and Trademarks
- Mobile
- Newsroom
- Open Records Request
- Points of Pride
- Public Safety
- Visitor Information
- Webmail

**FOLLOW US**

